Delaware version



2008

Behavioral Risk Factor Surveillance System Questionnaire

December 7, 2007



Behavioral Risk Factor Surveillance System 2008 Questionnaire

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Interviewer's Script

the University project is condu Prevention. You	alling for the Delaware Division of Public Health. My name is <u>(first name)</u> from of Delaware. We are gathering information about the health of Delaware residents. This acted by the health department with assistance from the Centers for Disease Control and ar telephone number has been chosen randomly, and I would like to ask some questions d health practices.
Is this <u>(phone</u>	If "no," Thank you very much, but I seem to have dialed the wrong number. It's possible that your number may be called at a later time. STOP
Is this a private	residence in <u>(state)</u> ? If "no," Thank you very much, but we are only interviewing private residences. STOP
Is this a cellular	telephone?
	ecessary: "By cellular telephone we mean a telephone that is mobile and usable r neighborhood."
	If "yes," Thank you very much, but we are only interviewing land line telephones and private residences. STOP
	mly select one adult who lives in your household to be interviewed. How many members old, including yourself, are 18 years of age or older?
	Number of adults
	If "1," Are you the adult?
	If "yes," Then you are the person I need to speak with. Enter 1 man or 1 woman below (Ask gender if necessary). Go to page 5.
	If "no," Is the adult a man or a woman? Enter 1 man or 1 woman below. May I speak with [fill in (him/her) from previous question]? Go to "correct respondent" on the next page.
How many of th	ese adults are men and how many are women?
	Number of men
	Number of women
The person in y	our household that I need to speak with is

If "you," go to page 4



To the correct respondent:

HELLO, I am calling for the **Delaware Division of Public Health.** My name is <u>(first name)</u> from the **University of Delaware.** We are gathering information about the health of Delaware residents. This project is conducted by the health department with assistance from the Centers for Disease Control and Prevention. Your telephone number has been chosen randomly, and I would like to ask some questions about health and health practices.



Core Sections

I will not ask for your name, address, or other personal information that can identify you. You do not have to answer any question you do not want to, and you can end the interview at any time. Any information you give me will be confidential. If you have any questions about this survey, please call **the Delaware Division of Public Health at 302-744-1000**.

Section 1: Health Status

1.1 Would you say that in general your health is—

(73)

Please read:

- 1 Excellent
- 2 Very good
- 3 Good
- 4 Fair

Or

5 Poor

Do not read:

- 7 Don't know / Not sure
- 9 Refused

Section 2: Healthy Days — Health-Related Quality of Life

2.1 Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?

(74 - 75)

- _ Number of days
- 8 8 None
- 7 7 Don't know / Not sure
- 9 9 Refused



2.2 Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?

(76-77)

- _ _ Number of days
- 8 8 None [If Q2.1 and Q2.2 = 88 (None), go to next section]
- 7 7 Don't know / Not sure
- 9 9 Refused
- During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?

(78 - 79)

- Number of days
- 8 8 None
- 7 7 Don't know / Not sure
- 9 9 Refused

Section 3: Health Care Access

Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare?

(80)

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused
- **3.2** Do you have one person you think of as your personal doctor or health care provider?

If "No," ask: "Is there more than one, or is there no person who you think of as your personal doctor or health care provider?"

(81)

- 1 Yes, only one
- 2 More than one
- 3 No
- 7 Don't know / Not sure
- 9 Refused
- 3.3 Was there a time in the past 12 months when you needed to see a doctor but could not because of cost?

(82)

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused



3.4 About how long has it been since you last visited a doctor for a routine checkup? A routine checkup is a general physical exam, not an exam for a specific injury, illness, or condition.

(83)

- 1 Within past year (anytime less than 12 months ago)
- Within past 2 years (1 year but less than 2 years ago)
- Within past 5 years (2 years but less than 5 years ago)
- 4 5 or more years ago
- 7 Don't know / Not sure
- 8 Never
- 9 Refused

Section 4: Sleep

The next question is about getting enough rest or sleep.

4.1 During the past 30 days, for about how many days have you felt you did not get enough rest or sleep?

(84 - 85)

- _ _ Number of days
- 8 8 None
- 7 7 Don't know / Not sure
- 9 9 Refused

Section 5: Exercise

During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?

(86)

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused



Section 6: Diabetes

6.1 Have you ever been told by a doctor that you have diabetes?

If "Yes" and respondent is female, ask: "Was this only when you were pregnant?"

If respondent says pre-diabetes or borderline diabetes, use response code 4.

(87)

- 1 Yes
- Yes, but female told only during pregnancy
- 3 No
- 4 No, pre-diabetes or borderline diabetes
- 7 Don't know / Not sure
- 9 Refused

Section 7: Oral Health

7.1 How long has it been since you last visited a dentist or a dental clinic for any reason? Include visits to dental specialists, such as orthodontists.

(88)

Read only if necessary:

- 1 Within the past year (anytime less than 12 months ago)
- Within the past 2 years (1 year but less than 2 years ago)
- Within the past 5 years (2 years but less than 5 years ago)
- 4 5 or more years ago

Do not read:

- 7 Don't know / Not sure
- 8 Never
- 9 Refused
- 7.2 How many of your permanent teeth have been removed because of tooth decay or gum disease? Include teeth lost to infection, but do not include teeth lost for other reasons, such as injury or orthodontics.

NOTE: If wisdom teeth are removed because of tooth decay or gum disease, they should be included in the count for lost teeth.

(89)

- 1 1 to 5
- 2 6 or more but not all
- 3 All
- 8 None
- 7 Don't know / Not sure
- 9 Refused



CATI note: If Q7.1 = 8 (Never) or Q7.2 = 3 (AII), go to next section.

7.3 How long has it been since you had your teeth cleaned by a dentist or dental hygienist?

Read only if necessary:

- 1 Within the past year (anytime less than 12 months ago)
- Within the past 2 years (1 year but less than 2 years ago)
- Within the past 5 years (2 years but less than 5 years ago)
- 4 5 or more years ago

Do not read:

- 7 Don't know / Not sure
- 8 Never
- 9 Refused

Section 8: Cardiovascular Disease Prevalence

Now I would like to ask you some questions about cardiovascular disease.

Has a doctor, nurse, or other health professional EVER told you that you had any of the following? For each, tell me "Yes," "No," or you're "Not sure."

8.1 (Ever told) you had a heart attack, also called a myocardial infarction?

(91)

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused
- **8.2** (Ever told) you had angina or coronary heart disease?

(92)

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused
- **8.3** (Ever told) you had a stroke?

(93)

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused



Section 9: Asthma

9.1 Have you ever been told by a doctor, nurse, or other health professional that you had asthma?

(94)

- 1 Yes
- 2 No [Go to next section]
- 7 Don't know / Not sure **[Go to next section]**
- 9 Refused [Go to next section]
- **9.2** Do you still have asthma?

(95)

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

Section 10: Disability

The following questions are about health problems or impairments you may have.

Are you limited in any way in any activities because of physical, mental, or emotional problems?

(96)

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

Do you now have any health problem that requires you to use special equipment, such as a cane, a wheelchair, a special bed, or a special telephone?

(97)

Include occasional use or use in certain circumstances.

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused



Section 11: Tobacco Use

11.1	Have	you smoked at least 100	cigarettes in your entire life?	(98)
	NOTE	: 5 packs = 100 cigaret	tes	
	1 2 7 9	Yes No Don't know / Not sure Refused	[Go to next section] [Go to next section] [Go to next section]	
11.2	Do yo	u now smoke cigarettes e	every day, some days, or not at all?	(99)
	1 2 3 7 9	Every day Some days Not at all Don't know / Not sure Refused	[Go to next section] [Go to next section] [Go to next section]	
11.3		g the past 12 months, have ere trying to quit smoking	re you stopped smoking for one day or longer b?	ecause (100)
	1 2 7 9	Yes No Don't know / Not sure Refused		
Section 12	2: Den	nographics		
12.1	What i	is your age?		(101–102)
	0 7 0 9	Code age in years Don't know / Not sure Refused		
12.2	Are yo	ou Hispanic or Latino?		(103)
	1 2 7 9	Yes No Don't know / Not sure Refused		(133)



12.3	Which one or more of the following	g would you	say is your	race?
------	------------------------------------	-------------	-------------	-------

(104-109)

			(101 100)
	(Che	ck all that apply)	
	Plea	se read:	
	1 2 3 4 5	White Black or African American Asian Native Hawaiian or Other Pacific Islander American Indian or Alaska Native	
	Or		
	6	Other [specify]	
	Do n	ot read:	
	8 7 9	No additional choices Don't know / Not sure Refused	
CATI note	e: If more t	han one response to Q12.3; continue. Otherwise, go to Q12.5	
12.4	Whic	ch one of these groups would you say best represents your race?	(110)
	1 2 3	White Black or African American Asian	
	4 5 6	Native Hawaiian or Other Pacific Islander American Indian or Alaska Native Other [specify]	
	Do n	ot read:	
	7 9	Don't know / Not sure Refused	
12.5		e you ever served on active duty in the United States Armed Forces, e	

12.5 the regular military or in a National Guard or military reserve unit? Active duty does not include training for the Reserves or National Guard, but DOES include activation, for example, for the Persian Gulf War.

(111)

1 Yes

- 2 No
- 7 Don't know / Not sure
- Refused



12.6 Are you...?

(112)

Please read:

- 1 Married
- 2 Divorced
- 3 Widowed
- 4 Separated
- 5 Never married

Or

6 A member of an unmarried couple

Do not read:

9 Refused

12.7 How many children less than 18 years of age live in your household?

(113-114)

- Number of children
- 8 8 None
- 9 9 Refused

12.8 What is the highest grade or year of school you completed?

(115)

Read only if necessary:

- 1 Never attended school or only attended kindergarten
- 2 Grades 1 through 8 (Elementary)
- 3 Grades 9 through 11 (Some high school)
- 4 Grade 12 or GED (High school graduate)
- 5 College 1 year to 3 years (Some college or technical school)
- 6 College 4 years or more (College graduate)

Do not read:

9 Refused

12.9 Are you currently...?

(116)

Please read:

- 1 Employed for wages
- 2 Self-employed
- 3 Out of work for more than 1 year
- 4 Out of work for less than 1 year
- 5 A Homemaker
- 6 A Student
- 7 Retired



8 Unable to work

Do not read:

- 9 Refused
- 12.10 Is your annual household income from all sources—

(117-118)

If respondent refuses at ANY income level, code '99' (Refused)

Read only if necessary:

- 0 4 Less than \$25,000 **If "no," ask 05; if "yes," ask 03** (\$20,000 to less than \$25,000)
- 0 3 Less than \$20,000 **If "no," code 04; if "yes," ask 02** (\$15,000 to less than \$20,000)
- 0 2 Less than \$15,000 **If "no," code 03; if "yes," ask 01** (\$10,000 to less than \$15,000)
- 0 1 Less than \$10,000 If "no," code 02
- 0 5 Less than \$35,000 **If "no," ask 06** (\$25,000 to less than \$35,000)
- 0 6 Less than \$50,000 **If "no," ask 07** (\$35,000 to less than \$50,000)
- 0 7 Less than \$75,000 **If "no," code 08** (\$50,000 to less than \$75,000)
- 0 8 \$75,000 or more

Do not read:

- 7 7 Don't know / Not sure
- 9 9 Refused
- **12.11** About how much do you weigh without shoes?

(119-122)

NOTE: If respondent answers in metrics, put "9" in column 119.

Round fractions up

_ _ _ Weight (pounds/kilograms)

7 7 7 7 Don't know / Not sure

9 9 9 9 Refused



CATI note: If Q12.11 = 7777 (Don't know/Not sure) or 9999 (Refused), skip Q12.13 and Q12.14).

12.12	About how tall are you without shoes?	23–126)
	NOTE: If respondent answers in metrics, put "9" in column 123.	ŕ
	Round fractions down	
	/ Height (ft / inches/meters/centimeters) 7 7 7 7 Don't know / Not sure 9 9 9 9 Refused	
12.13	How much did you weigh a year ago? [If you were pregnant a year ago, how much you weigh before your pregnancy?] CATI: If female respondent and age <46.	n did
	(12	27–130)
	NOTE: If respondent answers in metrics, put "9" in column 127.	
	Round fractions up	
	Weight (pounds/kilograms) 7 7 7 7 Don't know / Not sure 9 9 9 9 Refused	
CATI note: Sul	btract weight one year ago from current weight. If weight is same, skip Q12.14	1 .
12.14	Was the change between your current weight and your weight a year ago intention	nal?
	1 Yes 2 No 7 Don't know / Not sure 9 Refused	(131)
12.15	What county do you live in? (13	32–134)
	FIPS county code 7 7 7 Don't know / Not sure 9 9 9 Refused	



12.16 What is your ZIP Code where you live? (135-139)ZIP Code 77777 Don't know / Not sure 99999 Refused 12.17 Do you have more than one telephone number in your household? Do not include cell phones or numbers that are only used by a computer or fax machine. (140)1 Yes 2 [Go to Q12.19] No [Go to Q12.19] 7 Don't know / Not sure 9 Refused [Go to Q12.19] 12.18 How many of these telephone numbers are residential numbers? (141)Residential telephone numbers [6 = 6 or more] 7 Don't know / Not sure 9 Refused 12.19 During the past 12 months, has your household been without telephone service for 1

12.19 During the past 12 months, has your household been without telephone service for 1 week or more? Do not include interruptions of telephone service because of weather or natural disasters.

(142)

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused
- 12.20 Indicate sex of respondent. Ask only if necessary.

(143)

1 Male [Go to next section]

2 Female [If respondent is 45 years old or older, go to next section]

12.21 To your knowledge, are you now pregnant?

(144)

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused



Section 13: Alcohol Consumption

During the past 30 days, have you had at least one drink of any alcoholic be as beer, wine, a malt beverage or liquor?			ge such	
		,,		(145)
	1 2 7 9	Yes No Don't know / Not sure Refused	[Go to next section] [Go to next section] [Go to next section]	
13.2	During one dri	the past 30 days, how many day nk of any alcoholic beverage?	s per week or per month did you have at le	
	2 8 8 8 7 7 7	Days per week Days in past 30 days No drinks in past 30 days Don't know / Not sure Refused	[Go to next section]	46–148)
13.3	shot of		eer, a 5-ounce glass of wine, or a drink wit on the days when you drank, about how m	
		A 40 ounce beer would count count as 2 drinks.	as 3 drinks, or a cocktail drink with 2 sł	nots
	Would	oodiit us 2 diiiiks.	(1)	49–150)
	7 7 9 9	Number of drinks Don't know / Not sure Refused		
13.4			ages, how many times during the past 30 of for women] or more drinks on an occasion (15)	
	 8 8 7 7 9 9	Number of times None Don't know / Not sure Refused		
13.5	During	the past 30 days, what is the larg	gest number of drinks you had on any occa (19	asion? 53–154)
	 7 7 9 9	Number of drinks Don't know / Not sure Refused		



Section 14: Immunization

14.1	A flu shot is an influenza vaccine injected into your arm. During the past 12 months, have
	you had a flu shot?

(155)

- 1 Yes
- 2 [Go to Q14.3] No
- 7 Don't know / Not sure [Go to Q14.3]
- 9 [Go to Q14.3] Refused
- 14.2 During what month and year did you receive your most recent flu shot?

(156-161)

77/7777 Month / Year

Don't know / Not sure

99/9999 Refused

During the past 12 months, have you had a flu vaccine that was sprayed in your nose? 14.3 The flu vaccine sprayed in the nose is also called FluMist™.

(162)

- 1 Yes
- 2 No [Go to Q14.5]
- 7 Don't know / Not sure [Go to Q14.5]
- 9 Refused [Go to Q14.5]
- 14.4 During what month and year did you receive your most recent flu vaccine that was sprayed in your nose?

(163 - 168)

77/7777 Month / Year

Don't know / Not sure

99/9999 Refused

14.5 A pneumonia shot or pneumococcal vaccine is usually given only once or twice in a person's lifetime and is different from the flu shot. Have you ever had a pneumonia shot?

(169)

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused



If respondent is 45 years or older continue, otherwise go to next section.

The next questions ask about recent falls. By a fall, we mean when a person unintentionally comes to rest on the ground or another lower level.

15.1 In the past 3 months, how many times have you fallen?

(170-171)

	Number of times	[76 = 76 or more]
8 8	None	[Go to next section]
7 7	Don't know / Not sure	[Go to next section]
99	Refused	[Go to next section]

15.2 [Fill in "Did this fall (from Q15.1) cause an injury?"]. If only one fall from Q15.1 and response is "Yes" (caused an injury); code 01. If response is "No," code 88.

How many of these falls caused an injury? By an injury, we mean the fall caused you to limit your regular activities for at least a day or to go see a doctor.

(172-173)

	Number of falls	[76 = 76 or more]
8 8	None	[Go to next section]
7 7	Don't know / Not sure	[Go to next section]
9 9	Refused	[Go to next section]

Section 16: Seatbelt Use

16.1 How often do you use seat belts when you drive or ride in a car? Would you say—

(174)

Please read:

- 1 Always
- 2 Nearly always
- 3 Sometimes
- 4 Seldom
- 5 Never

Do not read:

- 7 Don't know / Not sure
- 8 Never drive or ride in a car
- 9 Refused

CATI note: If Q16.1 = 8 (Never drive or ride in a car), go to Section 18; otherwise continue.



Section 17: Drinking and Driving

CATI note: If Q13.1 = 2 (No); go to next section.

The next question is about drinking and driving.

During the past 30 days, how many times have you driven when you've had perhaps too much to drink?

(175-176)

- _ _ Number of times
- 8 8 None
- 7 7 Don't know / Not sure
- 9 9 Refused

Section 18: Women's Health

CATI note: If respondent is male, go to the next section.

The next questions are about breast and cervical cancer.

18.1 A mammogram is an x-ray of each breast to look for breast cancer. Have you ever had a mammogram?

(177)

- 1 Yes
- No [Go to Q18.3]
 Don't know / Not sure [Go to Q18.3]
- 9 Refused [Go to Q18.3]
- 18.2 How long has it been since you had your last mammogram?

(178)

Read only if necessary:

- 1 Within the past year (anytime less than 12 months ago)
- Within the past 2 years (1 year but less than 2 years ago)
- Within the past 3 years (2 years but less than 3 years ago)
- 4 Within the past 5 years (3 years but less than 5 years ago)
- 5 5 or more years ago



Do not read:

- 7 Don't know / Not sure
- 9 Refused
- A clinical breast exam is when a doctor, nurse, or other health professional feels the breasts for lumps. Have you ever had a clinical breast exam?

(179)

- 1 Yes
- 2 No [Go to Q18.5]
- 7 Don't know / Not sure [Go to Q18.5]
- 9 Refused [Go to Q18.5]
- 18.4 How long has it been since your last breast exam?

(180)

Read only if necessary:

- 1 Within the past year (anytime less than 12 months ago)
- Within the past 2 years (1 year but less than 2 years ago)
- 3 Within the past 3 years (2 years but less than 3 years ago)
- 4 Within the past 5 years (3 years but less than 5 years ago)
- 5 or more years ago

Do not read:

- 7 Don't know / Not sure
- 9 Refused
- **18.5** A Pap test is a test for cancer of the cervix. Have you ever had a Pap test?

(181)

- 1 Yes
- 2 No [Go to Q18.7]
- 7 Don't know / Not sure **[Go to Q18.7]**
- 9 Refused [Go to Q18.7]
- 18.6 How long has it been since you had your last Pap test?

(182)

Read only if necessary:

- 1 Within the past year (anytime less than 12 months ago)
- Within the past 2 years (1 year but less than 2 years ago)
- Within the past 3 years (2 years but less than 3 years ago)
- 4 Within the past 5 years (3 years but less than 5 years ago)
- 5 or more years ago

Do not read:

- 7 Don't know / Not sure
- 9 Refused



CATI note: If response to Core Q12.21 = 1 (is pregnant); then go to next section.

18.7 Have you had a hysterectomy?

(183)

Read only if necessary: A hysterectomy is an operation to remove the uterus (womb).

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

Section 19: Prostate Cancer Screening

CATI note: If respondent is <39 years of age, or is female, go to next section.

Now, I will ask you some questions about prostate cancer screening.

19.1 A Prostate-Specific Antigen test, also called a PSA test, is a blood test used to check men for prostate cancer. Have you ever had a PSA test?

(184)

- 1 Yes
- No [Go to Q19.3]
 Don't Know / Not sure [Go to Q19.3]
 Refused [Go to Q19.3]
- 19.2 How long has it been since you had your last PSA test?

(185)

Read only if necessary:

- 1 Within the past year (anytime less than 12 months ago)
- Within the past 2 years (1 year but less than 2 years)
- Within the past 3 years (2 years but less than 3 years)
- 4 Within the past 5 years (3 years but less than 5 years)
- 5 or more years ago

Do not read:

- 7 Don't know / Not sure
- 9 Refused



A digital rectal exam is an exam in which a doctor, nurse, or other health professional places a gloved finger into the rectum to feel the size, shape, and hardness of the prostate gland. Have you ever had a digital rectal exam?

(186)

- 1 Yes
- No [Go to Q19.5]
 Don't know / Not sure [Go to Q19.5]
 Refused [Go to Q19.5]
- **19.4** How long has it been since your last digital rectal exam?

(187)

Read only if necessary:

- 1 Within the past year (anytime less than 12 months ago)
- Within the past 2 years (1 year but less than 2 years)
- 3 Within the past 3 years (2 years but less than 3 years)
- 4 Within the past 5 years (3 years but less than 5 years)
- 5 5 or more years ago

Do not read:

- 7 Don't know / Not sure
- 9 Refused
- Have you ever been told by a doctor, nurse, or other health professional that you had prostate cancer?

(188)

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

Section 20: Colorectal Cancer Screening

CATI note: If respondent is ≤ 49 years of age, go to next section.

A blood stool test is a test that may use a special kit at home to determine whether the stool contains blood. Have you ever had this test using a home kit?

(189)

- 1 Yes
- 2 No [Go to Q20.3]
- 7 Don't know / Not sure [Go to Q20.3] 9 Refused [Go to Q20.3]



20.2 How long has it been since you had your last blood stool test using a home kit?

(190)

Read only if necessary:

- 1 Within the past year (anytime less than 12 months ago)
- Within the past 2 years (1 year but less than 2 years ago)
- Within the past 5 years (2 years but less than 5 years ago)
- 4 5 or more years ago

Do not read:

- 7 Don't know / Not sure
- 9 Refused
- 20.3 Sigmoidoscopy and colonoscopy are exams in which a tube is inserted in the rectum to view the colon for signs of cancer or other health problems. Have you ever had either of these exams?

(191)

1 Yes

9

- 2 No [Go to next section]
 7 Don't know / Not sure [Go to next section]
- 20.4 For a SIGMOIDOSCOPY, a flexible tube is inserted into the rectum to look for problems. A COLONOSCOPY is similar, but uses a longer tube, and you are usually given medication through a needle in your arm to make you sleepy and told to have someone else drive you home after the test. Was your MOST RECENT exam a sigmoidoscopy or

[Go to next section]

(192)

1 Sigmoidoscopy

Refused

- 2 Colonoscopy
- 7 Don't know / Not sure
- 9 Refused

a colonoscopy?

20.5 How long has it been since you had your last sigmoidoscopy or colonoscopy?

(193)

Read only if necessary:

- 1 Within the past year (anytime less than 12 months ago)
- Within the past 2 years (1 year but less than 2 years ago)
- Within the past 5 years (2 years but less than 5 years ago)
- 4 Within the past 10 years (5 years but less than 10 years ago)
- 5 10 or more years ago

Do not read:

- 7 Don't know / Not sure
- 9 Refused



Section 21: HIV/AIDS

CATI note: If respondent is 65 years old or older, go to next section.

The next few questions are about the national health problem of HIV, the virus that causes AIDS. Please remember that your answers are strictly confidential and that you don't have to answer every question if you do not want to. Although we will ask you about testing, we will not ask you about the results of any test you may have had.

21.1 Have you ever been tested for HIV? Do not count tests you may have had as part of a blood donation. Include testing fluid from your mouth.

(194)

- 1 Yes
- No [Go to Q21.5]
 Don't know / Not sure [Go to Q21.5]
 Refused [Go to Q21.5]
- 21.2 Not including blood donations, in what month and year was your last HIV test?

(195-200)

NOTE: If response is before January 1985, code "Don't know."

CATI INSTRUCTION: If the respondent remembers the year but cannot remember the month, code the first two digits 77, and the last four digits for the year.

/	Code month and year
77/7777	Don't know / Not sure
99/9999	Refused

Where did you have your last HIV test — at a private doctor or HMO office, at counseling and testing site, at a hospital, at a clinic, in a jail or prison, at a drug treatment facility, at home, or somewhere else?

(201-202)

- 0 1 Private doctor or HMO office
- 0 2 Counseling and testing site
- 0 3 Hospital
- 0 4 Clinic
- 0 5 Jail or prison (or other correctional facility)
- 0 6 Drug treatment facility
- 0 7 At home
- 0 8 Somewhere else
- 7 7 Don't know / Not sure
- 9 9 Refused

CATI note: Ask Q21.4; if Q21.2 = within last 12 months. Otherwise, go to Q21.5.



21.4 Was it a rapid test where you could get your results within a couple of hours?

(203)

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused
- 21.5 I'm going to read you a list. When I'm done, please tell me if any of the situations apply to you. You do not need to tell me which one.
 - You have used intravenous drugs in the past year.
 - You have been treated for a sexually transmitted or venereal disease in the past year.
 - You have given or received money or drugs in exchange for sex in the past year.
 - You had anal sex without a condom in the past year.

Do any of these situations apply to you?

(204)

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

Section 22: Emotional Support and Life Satisfaction

The next two questions are about emotional support and your satisfaction with life.

22.1 How often do you get the social and emotional support you need?

INTERVIEWER NOTE: If asked, say "please include support from any source."

(205)

Please read:

- 1 Always
- 2 Usually
- 3 Sometimes
- 4 Rarely
- 5 Never

Do not read:

- 7 Don't know / Not sure
- 9 Refused



22.2 In general, how satisfied are you with your life?

(206)

Please read:

- 1 Very satisfied
- 2 Satisfied
- 3 Dissatisfied
- 4 Very dissatisfied

Do not read:

- 7 Don't know / Not sure
- 9 Refused



Transition to modules and/or state-added questions.



Optional Modules

Module 1: Pre-Diabetes

NOTE: Only asked of those not responding "Yes" (code = 1) to Core Q6.1 (Diabetes awareness question).

1. Have you had a test for high blood sugar or diabetes within the past three years?

(227)

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

CATI note: If Core Q6.1 = 4 (No, pre-diabetes or borderline diabetes); answer Q2 "Yes" (code = 1).

2. Have you ever been told by a doctor or other health professional that you have prediabetes or borderline diabetes?

(228)

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

Module 2: Diabetes

To be asked following Core Q6.1; if response is "Yes" (code = 1)

1. How old were you when you were told you have diabetes?

(229-230)

- _ _ Code age in years [97 = 97 and older]
- 9 8 Don't know / Not sure
- 9 9 Refused
- **2.** Are you now taking insulin?

(231)

- 1 Yes
- 2 No
- 9 Refused



3. About how often do you check your blood for glucose or sugar? Include times when checked by a family member or friend, but do NOT include times when checked by a health professional.

(232 - 234)

1	_	_	Times per day
2	_	_	Times per week
3	_	_	Times per month
4	_	_	Times per year
8	8	8	Never
7	7	7	Don't know / Not sure
9	9	9	Refused

4. About how often do you check your feet for any sores or irritations? Include times when checked by a family member or friend, but do NOT include times when checked by a health professional.

(235-237)

1	_	_	Times per day
2	_	_	Times per week
3	_	_	Times per month
4	_	_	Times per year
5	5	5	No feet
8	8	8	Never
7	7	7	Don't know / Not sure
9	9	9	Refused

5. About how many times in the past 12 months have you seen a doctor, nurse, or other health professional for your diabetes?

(238-239)

```
Number of times [76 = 76 or more]
None
Don't know / Not sure
Refused
```

A test for "A one C" measures the average level of blood sugar over the past three months. About how many times in the past 12 months has a doctor, nurse, or other health professional checked you for "A one C"?

(240-241)

```
Number of times [76 = 76 or more]
None
Never heard of "A one C" test
Don't know / Not sure
Refused
```

CATI note: If Q4 = 555 (No feet), go to Q8.



7. About how many times in the past 12 months has a health professional checked your feet for any sores or irritations? (242 - 243)Number of times [76 = 76 or more] 8 8 7 7 Don't know / Not sure 9 9 Refused When was the last time you had an eye exam in which the pupils were dilated? This 8. would have made you temporarily sensitive to bright light. (244)Read only if necessary: 1 Within the past month (anytime less than 1 month ago) 2 Within the past year (1 month but less than 12 months ago) 3 Within the past 2 years (1 year but less than 2 years ago) 4 2 or more years ago Do not read: 7 Don't know / Not sure 8 Never 9 Refused 9. Has a doctor ever told you that diabetes has affected your eyes or that you had retinopathy? (245)1 Yes 2 No 7 Don't know / Not sure 9 Refused

10. Have you ever taken a course or class in how to manage your diabetes yourself?

(246)

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused



Module 6: Binge Drinking

Previously, you answered that you drank [5 or more for men, 4 or more for women] alcoholic beverages on at least one occasion in the past 30 days. The next questions are about the most recent occasion when this happened. For these questions, one drink equals 12 ounces of beer, 5 ounces of wine, or one and one-half ounces (one shot) of liquor. So, a 40-ounce beer would count as 3 drinks, or a cocktail drink with 2 shots would count as 2 drinks.

INTERVIEWER NOTE: If asked, "occasion" means in a row or within a few hours.

INIERVIEWER	NOIE.	ii askeu, occasion means in a row or within a few nours.	
1.		the most recent occasion when you had [5 or more for men, 4 or morn] alcoholic beverages, about how many beers , including malt liquor, di	
			(269–270)
	 8 8 7 7 9 9	Number None Don't know / Not sure Refused	
2.	During	the same occasion, about how many glasses of wine did you drink?	(271–272)
	 8 8 7 7 9 9	Number None Don't know / Not sure Refused	
3.	During you hav	the same occasion, about how many drinks of liquor , including cockta	ails, did
	you'na	•••	(273–274)
	88 77 99	Number None Don't know / Not sure Refused	
4.		the same occasion, about how many other pre-mixed, flavored drinks By that, we mean drinks such as hard lemonade, wine coolers, or Smire	
	- -	Number	

7 7

9 9

Don't know / Not sure

Refused



5. During this most recent occasion, where were you when you did most of your drinking?

Read only if necessary:

- 1 At your home, for example, your house, apartment, or dorm room
- 2 At another person's home
- 3 At a restaurant or banquet hall
- 4 At a bar or club
- 5 At a public place, such as at a park, concert, or sporting event

Do not read:

- 6 Other
- 7 Don't know / Not sure
- 9 Refused
- 6. Did you drive a motor vehicle such as a car, truck, or motorcycle during or within a couple of hours after this occasion?

INTERVIEWER NOTE: For those with concerns about this question, answering "Yes" is not meant to imply they were drunk driving or breaking the law.

(278)

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

CATI note: Ask Q7 only if response to Q5 = 3 (At a restaurant or banquet hall) or 4 (At a bar or club). Otherwise, go to next module.

7. During this most recent occasion, approximately how much did **you pay** for the alcohol which **you drank**?

INTERVIEWER NOTE: If anyone asks, they do not need to include the amount spent on tips.

(279-281)

- _ _ Total amount
- 8 8 Paid nothing all drinks free or paid for by others
- 7 7 7 Don't know / Not sure
- 9 9 9 Refused



Module 7: Other Tobacco Products

Now, I would like to ask you questions about your use of tobacco products other than cigarettes.

1. Have you ever used or tried any smokeless tobacco products such as chewing tobacco, snuff, or snus? (Snus rhymes with goose).

(282)

NOTE: Snus (Swedish for snuff) is a moist smokeless tobacco, usually sold in small pouches that is placed under the lip against the gum.

- 1 Yes
- 2 No [Go to Q3]
 7 Don't know / Not sure [Go to Q3]
 9 Refused [Go to Q3]
- 2. Do you currently use chewing tobacco, snuff, or snus every day, some days, or not at all? (283)
 - 1 Every day
 - 2 Some days
 - 3 Not at all
 - 7 Don't know / Not sure
 - 9 Refused
- 3. Do you currently use any tobacco products other than cigarettes, cigars, pipes, bidis, kreteks, or any of the previously mentioned tobacco products?

NOTE: Bidis are small, brown, hand-rolled cigarettes from India and other southeast Asian countries.

Kreteks are clove cigarettes made in Indonesia that contain clove extract and tobacco.

(284)

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused



[ADD STATE QUESTIONS ON TOBACCO USE HERE]

[PROGRAMMER NOTE: If answers to M7 Q1-3 include "yes" answers, ask the first two state-added questions that follow. Otherwise, skip to state-added tobacco questions 3 and 4.]

Module 10: Adult Human Papilloma Virus (HPV)

CATI note: To be asked of females between the ages of 18 and 49 years; otherwise, go to next module.

NOTE: Human Papilloma Virus (Human Pap-uh-loh-muh Virus); Gardasil (Gar-duh- seel)

1. A vaccine to prevent the human papilloma virus or HPV infection is available and is called cervical cancer vaccine, HPV shot, or GARDASIL[®]. Have you EVER had the HPV vaccination?

(309)

- 1 Yes
- No [Go to next module]
 Doctor refused when asked [Go to next module]
 Don't know / Not sure [Go to next module]
- 9 Refused [Go to next module]

INSTRUCTION NOTE: This question will replace Q1; when Cervarix[®] is licensed in 2008.

(Alternative)

<mark>1</mark>.

A vaccine to prevent the human papilloma virus or HPV infection is available and is called cervical cancer vaccine, HPV shot, GARDASIL[®], or Cervarix[®]. Have you EVER had the HPV vaccination?

(309)

- 2 Yes
- 2 No [Go to next module]
 3 Doctor refused when asked 7 Don't know / Not sure [Go to next module]
 - Refused [Go to next module]



2. How many HPV shots did you receive?

(310-311)

- _ _ Number of shots
- O 3 All shots
- 7 7 Don't know / Not sure
- 9 9 Refused



Module 15: Random Child Selection

CATI note: If Core Q12.7 = 88, or 99 (No children under age 18 in the household, or Refused), go to next module.

If Core Q12.7 = 1, Interviewer please read: "Previously, you indicated there was one child age 17 or younger in your household. I would like to ask you some questions about that child." [Go to Q1]

If Core Q12.7 is >1 and Core Q12.7 does not equal 88 or 99, Interviewer please read: "Previously, you indicated there were [number] children age 17 or younger in your household. Think about those [number] children in order of their birth, from oldest to youngest. The oldest child is the first child and the youngest child is the last." Please include children with the same birth date, including twins, in the order of their birth.

CATI INSTRUCTION: RANDOMLY SELECT ONE OF THE CHILDREN. This is the "Xth" child. Please substitute "Xth" child's number in all questions below.

INTERVIEWER PLEASE READ:

I have some additional questions about one specific child. The child I will be referring to is the "Xth" **[CATI: please fill in correct number]** child in your household. All following questions about children will be about the "Xth" **[CATI: please fill in]** child."

1. What is the birth month and year of the "**Xth**" child?

(366-371)

__/__ Code month and year 7 7/7 7 7 7 Don't know / Not sure 9 9/ 9 9 9 9 Refused

CATI INSTRUCTION: Calculate the child's age in months (CHLDAGE1=0 to 216) and also in years (CHLDAGE2=0 to 17) based on the interview date and the birth month and year using a value of 15 for the birth day. If the selected child is < 12 months old enter the calculated months in CHLDAGE1 and 0 in CHLDAGE2. If the child is \geq 12 months enter the calculated months in CHLDAGE1 and set CHLDAGE2=Truncate (CHLDAGE1/12).

2. Is the child a boy or a girl?

(372)

- 1 Boy
- 2 Girl
- 9 Refused

3. Is the child Hispanic or Latino?

(373)

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused



4.	Which	one or more of the following would you say is the race of the child?	(374–379)
	[Chec	k all that apply]	
	Please	e read:	
	1 2 3 4 5 Or	White Black or African American Asian Native Hawaiian or Other Pacific Islander American Indian, Alaska Native	
	6	Other [specify]	
	Do no	t read:	
	8 7 9	No additional choices Don't know / Not sure Refused	
CATI note: If	more th	an one response to Q4, continue. Otherwise, go to Q6.	
5.	Which	one of these groups would you say best represents the child's race?	(380)
	1 2 3 4 5 6 7 9	White Black or African American Asian Native Hawaiian or Other Pacific Islander American Indian, Alaska Native Other Don't know / Not sure Refused	
6.	How a	re you related to the child?	(381)
	Please	e read:	
	1 2 3 4 5 6	Parent (include biologic, step, or adoptive parent) Grandparent Foster parent or guardian Sibling (include biologic, step, and adoptive sibling) Other relative Not related in any way	
	Do no	t read:	
	7	Don't know / Not sure	

Refused

9



Module 17: Child Human Papilloma Virus (HPV)

If selected child is female between ages 9 and 17 years; continue. Otherwise, go to next module.

NOTE: Human Papilloma Virus (Human Pap-uh-loh-muh Virus); Gardasil[®] (Gar-duh- seel)

I have two additional questions about a vaccination the selected child may have had.

1. A vaccine to prevent the human papilloma virus or HPV infection is available and is called cervical cancer vaccine, HPV shot, or GARDASIL®. Has this child EVER had the HPV vaccination?

(384)

1 Yes

2 No [Go to next module]
3 Doctor refused when asked [Go to next module]

7 Don't know / Not sure [Go to next module]

Refused [Go to next module]

INSTRUCTION NOTE: This question will replace Q1; when Cervarix[®] is licensed in 2008.

(Alternative)

1.

A vaccine to prevent the human papilloma virus or HPV infection is available and is called cervical cancer vaccine, HPV shot, GARDASIL[®] or Cervarix[®]. Have you EVER had the HPV vaccination?

(<mark>384</mark>)

3 Yes

2 No [Go to next module]
3 Doctor refused when asked
7 Don't know / Not sure [Go to next module]
9 Refused [Go to next module]

2. How many HPV shots did she receive?

(385 - 386)

_ _ Number of shots

0 3 All shots

7 7 Don't know / Not sure

9 9 Refused

CATI Note: State-added questions begin in column 401.



Closing Statement

Closing statement

Please read:

That is my last question. Everyone's answers will be combined to give us information about the health practices of people in this state. Thank you very much for your time and cooperation.



DATA LAYOUT - STATE-ADDED QUESTIONS FOR 2008 BRFSS QUESTIONNAIRE - Delaware Date $\frac{11}{01}/\frac{2007}{2007}$

Field	Columns	Question	Response
Size	(beginning with 401; not		Categories
	to exceed		(Code = Response)
	650)		
1	401	You indicated that you have a health problem or impairment that limits your activities. How would you generally describe this disability? Is it (INTERVIEWER: Please select all that apply)	1. A visual problem 2. A hearing problem 3. Other physical problem (due to chronic illness, accident, etc.) 4. An emotional problem (such as depression, anxiety or a psychiatric illness) 5. Or other type of disability (enter 'other') DO NOT READ 7. Don't know/Not sure 9. Refused
1	402	[ASK IMMEDIATELY AFTER MODULE 7: OTHER TOBACCO PRODUCTS]	1. Every day
		Do you currently smoke cigarillos or "little cigars" every day, some days, or not at all?	2. Some day
			3. Not at all DO NOT READ
		[Read if necessary: Little cigars look like	7. Don't know/Not sure
		cigarettes but are wrapped in tobacco leaves.]	9. Refused
2	403-404	On how many of the next 7 days did envene	
2	403-404	On how many of the past 7 days did anyone smoke in your home while you were there?	Number of days (1-7)
			55. I was not home in the past 7 days
			88. None
			DO NOT READ
			77. Don't know/Not sure
			99. Refused
1	405	Which statement best describes the rules about smoking inside your home? DO NOT READ UNLESS ASKED	Smoking is <i>not</i> allowed anywhere inside my home.
		Do not include decks, garages, or porches.	Smoking is allowed in some places or at some times

3	D	D	CC	C
	D	1		S

			7 2111 00
			Smoking is allowed anywhere inside my home. OR
			4. There are no rules about smoking in my home.
			DO NOT READ
			7. Don't know/Not sure
			9. Refused
1	406	[FINAL FOUR QUESTIONS ON SURVEY]	1. Yes
			2. No Go to 409
		The next few questions are about pregnancy and ways to prevent pregnancy.	3. No partner/Not sexually active Go to 409
		[IF RESPONDENT IS FEMALE AND 45 YEARS	DO NOT READ
		OF AGE OR OLDER, OR PREGNANT, OR MALE 60 YEARS OR OLDER, GO TO NEXT	7. Don't know/Not sure Go to 409
		MODULE.]	9. Refused Go to 409
		Are you or your [if female, insert husband/partner; if male, insert wife/partner] doing anything now to keep from getting pregnant? Some things people do to keep from getting pregnant include the birth control pill, diaphragm, condoms, natural methods, and having their tubes tied or having a vasectomy.	
		[IF MULTIPLE PARTNERS, CONSIDER USUAL METHOD.]	
2	407-408	What are or you or your partner/spouse doing now to keep you/her from getting pregnant?	READ ONLY IF NECESSARY
		[IF MORE THAN ONE IS MENTIONED, PROBE FOR THE <i>PRIMARY</i> METHOD USED.]	01 Tubes tied (sterilization)
			02 Vasectomy (sterilization)
			03 BC Pill
			04 Condoms
			05 Foam, jelly, cream
			06 Diaphragm
			07 Norplant
			08 IUD
			09 Shots (Depo- prevera)
			10 Withdrawal

3	D	D	C	C
	D	1		0

I			
			11 Rhythm/natural
			12 No partner/Not sexually active
			13 Other methods
			77 Don't know/Not
			sure
			99 Refused
2	409-410	[Females] What is your main reason for not doing anything to keep you from getting	READ ONLY IF NECESSARY
		pregnant? [Males] What is your main reason for not doing	01 Not sexually active/No partner
		anything to keep your partner from getting pregnant?	02 Didn't think was going to have sex/no regular partner
			03 Want a pregnancy
			04 You/Partner don't want to use BC
			05 You/Partner don't like BC / fear side effects
			06 Can't afford BC
			07 Lapse in use of a method
			08 Sterilization (tubes tied / vasectomy)
			09 Hysterectomy
			10 Too old
			11 Currently breast feeding / Just had baby
			12 Pregnant now
			13 Other
			77 Don't know/Not sure
			99 Refused
2	411-412	[ASK OF WOMEN ONLY]	Would you say
		Where is your usual source of services for female health concerns, such as family planning, annual exams, breast exams, tests for sexually	01 A family planning clinic [<i>e.g.</i> Planned Parenthood]
		transmitted diseases, or other female health concerns?	02 A Public Health/ health department clinic
			03 A community health center (e.g. FQHCs)
			04 A private



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